

Community *Contact*

Manitoba Aboriginal and Northern Affairs



December
2005

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About Local
Government
Development*

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Russ Sheppard shares his story of success at motivating young people through sport during the 8th annual Northern Links Recreation Workshop held September 19 to 23, 2005 at Camp Wannacumbak, Manitoba.



Manitoba 
Building for the Future

Welcome to the Community Contact

Two major events are just around the corner for Northern Affairs communities. First is the festive week when many people celebrate Christmas and welcome the New Year. Next will be community elections, coming February 2006.

For the festive season, many people follow family traditions that help them make the most of their holidays. Likewise for most people, elections are fairly straightforward and democracy is as easy as making sure you are on the voters list and making sure to vote for the candidate you believe will represent you best.

But ensuring fairness means election administrators and candidates need to observe some well-defined rules. This *Community Contact* introduces some of the rules and encourages people to think ahead so there are no surprises. Community councils need to be sure they have passed bylaws to appoint officials needed to run the election. They also need to make sure officials are properly trained and have adequate election materials on hand.

If your community has seen a low voter turnout in recent years, it's time to stand up and be counted. Democracy works best when citizens get involved in the issues and in choosing who will represent them. Even those who don't vote are allowed to criticize democratic leadership, but they may want to think long and hard about why they need to.

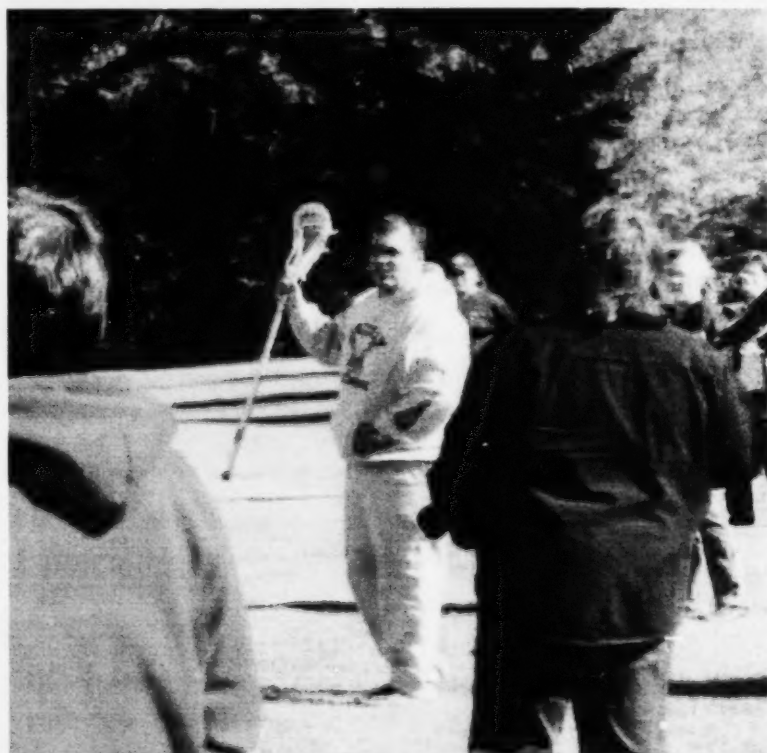
Take time this holiday season to reflect on the millions of people in this world who still have no democratic rights and then make a pledge to exercise yours. Be a candidate if you can, but whatever you do, be sure you don't miss your opportunity to vote.

We wish you and yours a safe and happy holiday season and the very best in the New Year.

A GRIZZLY

Lacrosse clinician promotes sport as a cure for communities

When Russ Sheppard responded to ANA's invitation to present a lacrosse clinic to recreation directors at the 8th annual Northern Links recreation training seminar, held near Wasagamung, Manitoba, September 19 to 23, 2005, he had more on his mind than lacrosse. Lacrosse is his game, but his true interest is in how it affects young people who play it.



Northern Links participants get hands-on lacrosse pointers from Sheppard.

TALE FROM *the North*

Originally from Saskatchewan, Sheppard has spent most of the past decade teaching school in Kugluktuk, Nunavut, a village of 1,300, once known as Coppermine. Kugluktuk is about 1,600 kilometres north of Edmonton.

Sheppard had a variety of teaching opportunities when he graduated, but decided on a career in the Arctic because, as a social studies teacher, he was uncomfortable with his lack of knowledge about one of the largest geographical expanses of his own country.

Soon after Sheppard arrived in Kugluktuk, a youngster committed suicide. Distressed to learn he was living in a village with the highest suicide rate in North America, Russ decided he had to do something about it or he had to leave.

Recognizing local youth needed some structure in their lives, he began organizing lacrosse games for students. The game caught on so quickly, it wasn't long before lacrosse sticks became a fashion item for young people. Russ was suddenly the local

lacrosse guru. He recalled a parent asking him to instruct her son not to bring his lacrosse stick to the dinner table. The boy wasn't even one of Sheppard's students.

In 2001 came the development of Team Grizzly, the name students coined for their Kugluktuk High School Athletics Association. The high school principal quickly acknowledged the success Sheppard was having with motivating students and fully supported his efforts.

Team Grizzly evolved as a school-based initiative that offers students the privilege of membership and the opportunity to play sports like lacrosse, soccer, basketball, badminton and volleyball for Grizzlies teams. Students earn membership by maintaining a healthy lifestyle, an 80 per cent attendance at school and scoring at least seven out of 10 on a performance log that considers school effort over academic achievement.

Setting high, but achievable, expectations and creating a positive, goal-oriented atmosphere in the community, Team Grizzly has stimulated major academic and social change for Kugluktuk.

"Why should we ask them only to graduate high school when we can ask them to go to university?" asks Sheppard. "If no one gives people a reason to graduate, they won't graduate," he says, explaining his strong belief that young people will reach almost any reasonable goal expected of them.

Travelling to the Northern Links workshop this past September, Sheppard explained it had been a year since there had been a completed suicide in Kugluktuk. He also mentioned the fact that between 2000 and 2004, the number of students with over 80 per cent attendance soared from 24 per cent to 61 per cent.



Sheppard describes the Aboriginal origins of lacrosse.

Team Grizzly's Recent Highlights

2002

- Arctic Winter Games Greenland U20 girls volleyball
- Grizzly Den Arcade opened
- featured on CBC National News
- Grizzly girls volleyball "spike it" championship

2003

- lacrosse U16 nationals
- five athletes sent to Baltimore for U19 world cup
- grad trip to Mexico

2004

- basketball territorial participants
- five grizzly graduates travel to Winnipeg
- soccer U14 boys regional champions
- soccer U16 girls and U16 girls regional champions
- two athletes sent to Philadelphia for elite lacrosse
- U19 lacrosse nationals participant
- badminton territorials participant
- U20 girls volleyball and individual athletes to Arctic Winter Games
- U14 and U20 girls "spike it" participants
- U20 girls volleyball territorial champions
- hired three full time employees
- opened Grizzly Pizza Den

2005

- U13 boys soccer gold at territorials
- U15 soccer boys and girls silver at regionals
- girls basketball silver medal and most sportsmanlike team award at "cager"

A GRIZZLY TALE

continued

Team Grizzly is now a 100-member non-profit, organization that links sport, recreation, healthy lifestyle choices and staying in school. Two award winning fundraising business initiatives, the Grizzly Den Arcade, started in 2002 and the Grizzly Pizza Den, started in 2004, have made Team Grizzly Kugluktuk's largest youth employer, providing employment training and business operation skills for many students.

Sheppard is thankful the new pizza store is profitable for Team Grizzly, in part because it has allowed him to pay off the credit card debt he assumed while helping students get into the business. It demonstrates his faith in Kugluktuk youth and explains why it has been difficult for him to stay away from the north while on a sabbatical.

He speaks with pride about the many Team Grizzly accomplishments and the public and private sponsors who have joined in. Kugluktuk Grizzlies lacrosse, volleyball and soccer players have travelled to Winnipeg, Baltimore, Philadelphia and even Mexico to attend clinics, play in tournaments and compete in championship events. Both the CBC National News and the ESPN network have reported on Team Grizzly achievement.

When he runs a lacrosse clinic, Russ Sheppard delivers a powerful message and a challenge for high school teachers and community recreation staff, especially those in isolated or troubled communities.

"You can do this," he says. "You can go home next week and start this."



At a November 3, 2005 Team Grizzly pep rally, boys and girls representing Grizzlies soccer and volleyball teams prepare for weekend tournaments in Kugluktuk and Yellowknife. Visit Team Grizzly at www.kugluktukgrizzlies.com.



Delegates to the Northern Development Ministers Forum: (Left to Right) Honourable Peter Kilabuk, Nunavut; Honourable Jim Kenyon, Yukon; Honourable Pearl Calahasen, Alberta; Honourable Brendan Bell, Northwest Territories; Honourable Oscar Lathlin, Manitoba; Honourable Geoffrey Kelley, Quebec; Honourable Tom Rideout, Newfoundland and Labrador; Honourable Buckley Belanger, Saskatchewan; Mr. Jim McClure, Ontario; Mr. Dennis McKay, MLA, British Columbia.

Manitoba Hosts Northern Development Ministers

On September 14 to 16, Manitoba Aboriginal and Northern Affairs hosted the 2005 Northern Development Ministers Forum (NDMF) at the Opaskwayak Cree Nation. Canada's minister of Indian Affairs and Northern Development, Andy Scott, attended the forum along with delegates from Canada's three territories and the seven provinces that adjoin them.

The NDMF meets annually to discuss priorities, issues and best practices related to northern development. This year's Education, Training and Employment theme discussed improving high school graduation rates, improving access to post-secondary education in the North and offering training linked to employment opportunities.

Forum chair Oscar Lathlin, minister of Manitoba Aboriginal and Northern Affairs used the example of his own community, Opaskwayak Cree Nation (OCN), to illustrate the powerful link between education and economic development. Ministers also heard presentations on Manitoba's Arctic Bridge Project, the International Polar Year and traditional knowledge consultations in Labrador.

The NDMF was established in 2001 to advance the interests of northern people and raise awareness of the accomplishments, contributions and potential of Canada's North. The goals of the forum are to:

- advance socio-economic development of the North
- strengthen position of the North as a

provincial, territorial and national priority

- further enhance co-operation between northern provincial jurisdictions, territorial jurisdictions and the Government of Canada
- share information

NDMF participants also work to increase awareness of northern concerns and northern economic contributions, maximize local benefits of major development projects and increase investment in northern transportation.

To familiarize forum participants with The Pas and area, tours visited University College of the North, the Northern Forest Diversification Centre, OCN, Clearwater Lake Provincial Park, and a variety of businesses run by Paskwayak Business Development Corporation including Otineka Mall.

Community Elections

Step by Step

Did you ever think of running?

Running for election to a community council is a great way to get involved and make a difference for the people in your community. If the idea interests you, there are some things you need to know. To qualify to stand for council office, you must be:

- a Canadian citizen
- at least 18 years of age on the day of the election
- an elector of the community
- not subject to disqualification as outlined under *The Northern Manitoba Elections Regulation* or any other law



Registered voters use a secret ballot provided for marking their choices.

People who cannot be candidates for council include constables, clerks or other paid employees or officials of the council, and members of other community, municipality or band councils. *The Northern Affairs Act* contains a complete list.

Elections are run according to *Northern Manitoba Elections Regulation 43/93*. During the election period, copies of this regulation should be posted in the office of the returning officer and in the council office. Regular elections are held every third year. The next one is in February, 2006.

Enumeration

Each regular election starts with enumeration, in which a list of electors is prepared. This may also be required prior to a byelection. The list of electors contains an accurate list of all people who are qualified to vote in a community election. People who wish to revise the list must attend the sitting of revision advertised by the returning officer. The revised voters list verifies who can vote at the election poll.

Nomination

A nomination notice will be posted in your community five days prior to nomination day, outlining the date, time and place to pick up nomination papers. Anyone pursuing nomination must file these papers with the returning officer on the nomination day. It is important to note that the returning officer cannot receive nomination papers from persons who are not qualified. After filing nomination papers, a



After voting, electors hand their folded secret ballot to an election officer who places it in a sealed ballot box.

candidate may begin a campaign to promote his or her candidacy. Any campaign activities, such as putting up posters, handing out brochures and participating in town hall debates, must follow regulations and guidelines.

Candidates may withdraw from nomination until 2:00 p.m. on the second day following the close of nominations. Immediately after that time, if the number of candidates is equal to the number of council vacancies, candidates are declared elected by acclamation. If there are fewer candidates than vacancies, nomination is re-opened. If there are more candidates than vacancies, the names of candidates are publicly announced at the community council office along with the dates and times when polls will be open for casting ballots.

Election day (Polling day)

In an election year, election day is held on the second Wednesday in February at the places and times stated in the notice. Each voter completes a secret ballot at the

polling booth. Election officers will be present to assist voters, to check that each person who votes is on the list of electors and to initial the back of the ballot provided to the voter. Any person whose name does not appear on the list of electors must fill out an affidavit of elector prior to casting a ballot.

Advance poll

If you know you will be unable to vote on the polling day, you may arrange with the returning officer to vote at the advance poll or by mail-in ballot.

The purpose of an advanced poll is to give voters who cannot vote in person on election day an opportunity to vote. Advance polls occur between 5:00 p.m. and 9:00 p.m., four to seven days before the regular poll.

A mail-in ballot is for electors who are unable to appear at an advance poll or a regular poll because of physical handicap, confinement in a hospital or some similar reason allowed in the regulation.

After the voting

At noon on the day after the election, the returning officer publicly announces the election results at the community council office. Results are read in order of the most to least votes received. Two weeks after the election, winning candidates are sworn into office, marking their first day of a term that normally lasts three years, expiring two weeks after the next regular election.

With rights come responsibilities

While it's understandable that not everyone may want to run for office, in a democratic system, everyone should at least vote. It's a right, but it's also a responsibility. Your vote is your say in governing your community and it's important to get involved and make a difference.

If you would like more information on elections or running for office in your community, please contact your local community council office.



If your name is not on a voter list, ask a community councillor or elections officer how it can be included.

Who Does What *in Community Elections*

Roles and responsibilities of elections officers

At election time, elections officers are responsible to ensure elections take place properly and efficiently. While elections officers are often community members, they must act in a non-partisan manner to make sure the election follows the democratic process. There are four key election officers during an election: returning officer, revising officer, poll clerk and enumerator.

Returning officer

The returning officer has overall responsibility for ensuring that the community election process takes place according to the regulation. The returning officer serves as supervisor over all other election officers in the community, ensures a properly conducted election, and is responsible to both the council and the principal electoral officer (PEO). The returning officer can call upon the PEO for direction in interpreting and applying regulations, and can request additional support from Manitoba Aboriginal and Northern Affairs municipal development consultants.

Revising officer

The revising officer oversees changes to the list of voters and is responsible to the returning officer. The revising officer must hold a

sitting of revision before every council election or byelection to revise the voters list, adding any new names and making other changes such as spelling corrections. In special cases, names can also be removed from the list. The revising officer may also serve as the poll clerk.

Poll clerk

Appointed by the returning officer, the poll clerk assists the returning officer in duties at the poll. A poll clerk may also work as an interpreter but must swear an oath before assuming the responsibility.

Enumerator

The enumerator is responsible to the returning officer. Before every community council election and byelection, the enumerator is required to prepare a list of voters. This list must be an accurate list of all people qualified to vote.

If you would like more information on the roles and responsibilities of election officers, please refer to the *Election Officers Handbook* published by Manitoba Aboriginal and Northern Affairs. A copy should be available at your community council office.

Duties of the Principal Electoral Officer

With the 2006 community council elections fast approaching, it's important to know where to get answers to ensure elections are problem-free. Your best resource is the *Election Officers Handbook*, which should answer 99 per cent of election questions.

During community elections, the principal electoral officer (PEO), appointed by the minister of Aboriginal and Northern Affairs, has overall responsibility for co-ordination of election matters. The responsibilities of the PEO include:

- arrange training resources for election officers and staff, as required
- ensure approved election materials are available in the regional offices
- arrange for proper storage and destruction of election documents according to regulation and policies
- maintain records of all elected officials and their terms of office
- instruct returning officers to hold elections, as required
- provide advice to election officers respecting resolution of unusual situations, including general interpretation of the election regulation
- supervise recounts and assist judges in election matters referred to the courts
- monitor election inquiries referred to or from the minister to ensure they are conducted as required by the regulation and policies
- maintain records of all ministerial orders relating to elections
- provide the minister with an annual report reviewing all election-related matters

Donna Chéné, analyst with the Program Planning and Development branch of Aboriginal and Northern Affairs in Thompson, is the PEO for community elections.

Election Support from MUNICIPAL DEVELOPMENT CONSULTANTS

During an election, ANA municipal development consultants provide support to:

- ensure council enacts the proper by-law to appoint election officers
- provide training for election officers
- ensure the returning officer has election materials and other resources available to conduct the election
- help the returning officer conduct the election, provided the proper oaths are taken
- answer election officers' questions during an election
- transport election documents from the community to the regional office for safekeeping
- assist the PEO as directed

If you have election questions, please contact your municipal development consultant. A list of department addresses and phone numbers is provided below.

North Central Region Municipal Development Consultants

Dauphin Office
Aboriginal and Northern Affairs
27-2nd Avenue, S.W. (Box 15)
Dauphin, Manitoba R7N 3E5
Phone: 204-622-2151 or 204-622-2465
Fax: 204-622-2305

Winnipeg Office
Aboriginal and Northern Affairs
1680 Ellice Avenue – Bay 8
Winnipeg, Manitoba R3H 0Z2
Phone: 204-945-2163
Fax: 204-948-2389

Northern Region Municipal Development Consultants

Thompson Office
Aboriginal and Northern Affairs
59 Elizabeth Drive (Box 27)
Thompson, Manitoba R8N 1X4
Phone: 204-677-6848, 204-677-6874
Fax: 204-677-6525

The Pas Office
Aboriginal and Northern Affairs
3rd and Ross Avenue (Box 2550)
The Pas, Manitoba R9A 1M4
Phone: 204-627-8176
Fax: 204-627-8177

Principal and Deputy Electoral Officers:

Program Planning and Development
Thompson Office – PEO
Aboriginal and Northern Affairs
59 Elizabeth Drive (Box 20)
Thompson, Manitoba R8N 1X4
Phone: 204-677-6838
Fax: 204-677-6525

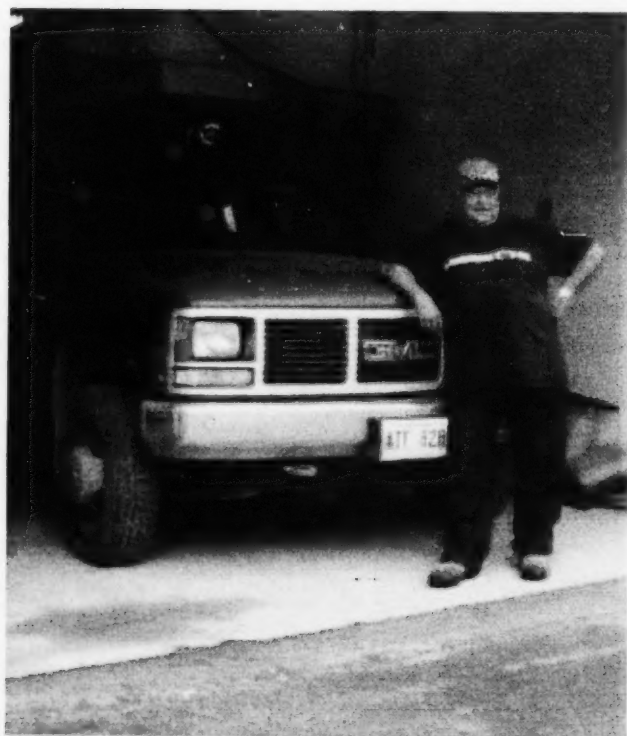
Winnipeg Office – Deputy PEO
Aboriginal and Northern Affairs
1680 Ellice Avenue – Bay 8
Winnipeg, Manitoba R3H 0Z2
Phone: 204-945-5968
Fax: 204-948-2389

Donna Chéné, principal electoral officer.



After the Election

Community Council Roles and Responsibilities



Seymourville, Manitoba Deputy Fire Chief Ted Seymour maintains fire fighting equipment managed by the local community council.

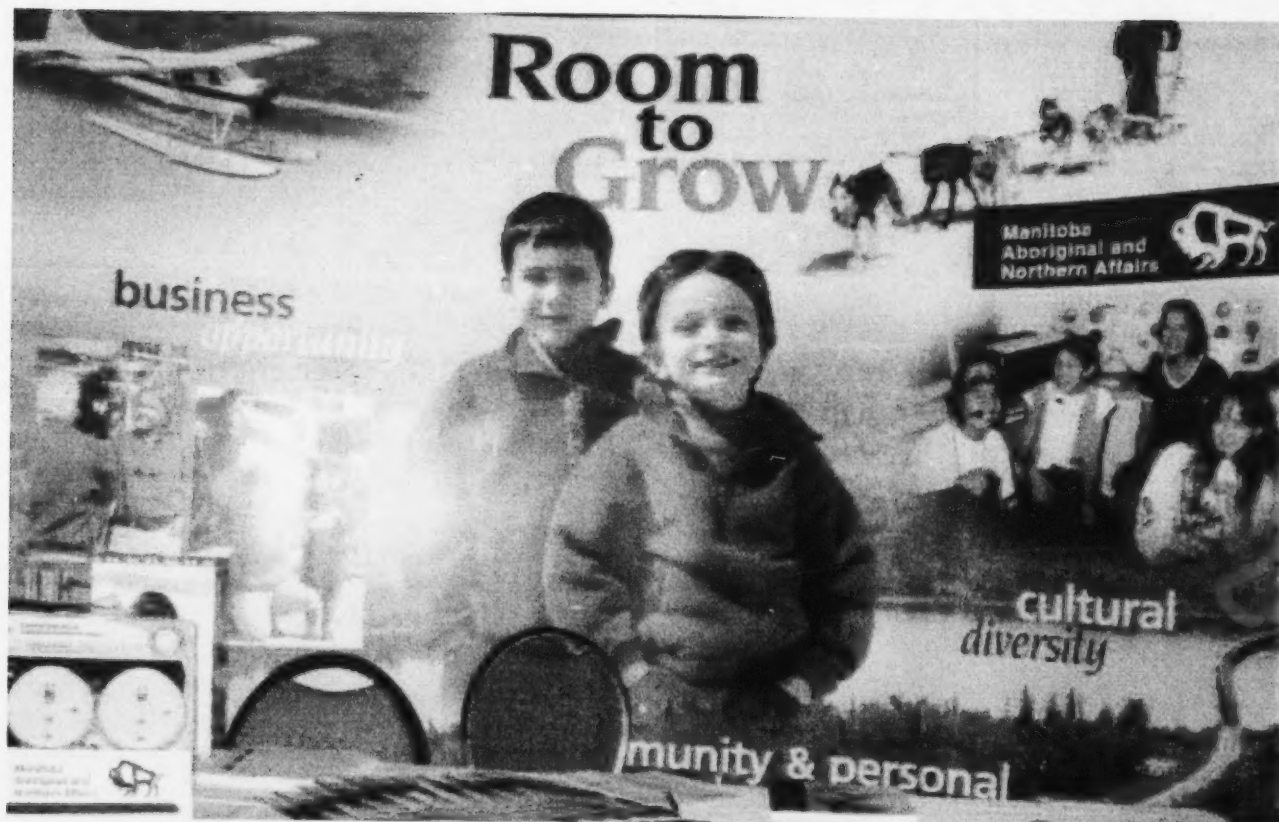
Canada's *Constitution Act* assigns responsibility for municipal government to the provinces. In turn, the provinces grant municipal authority and decision-making powers to the governments closest to the people—local governments.

Under *The Northern Affairs Act*, community councils, normally consisting of elected councillors and a mayor, serve as the local governments in Northern Affairs communities.

Northern Affairs community councils are responsible for providing services to the community. They work closely with Manitoba Aboriginal and Northern Affairs staff and outside organizations to deliver capital projects like community halls and roads. They also provide water and wastewater services, road clearing, land-use planning and maintenance for community infrastructure and assets.

It is a goal of Manitoba Aboriginal and Northern Affairs to help communities become legal, independent entities by incorporating. Under *The Northern Affairs Act*, Incorporated communities have powers to pass by-laws, levy taxes, acquire and develop property, and enter into agreements with other communities and organizations.

The roles and responsibilities of local government may vary from community to community but the overall responsibility of council is to strive toward good government through leadership, appropriate programs and services that ensure the people of the community will be healthy and safe. Community councillors are responsible for developing and evaluating policies and programs, participating in community and council meetings and directing management of the community.



ANA ATTENDS NACC 35th AGM

The Northern Association of Community Councils (NACC) held its 35th Annual General Meeting at the Ramada Marlborough Hotel in Winnipeg from August 30 to September 1, 2005. Aboriginal and Northern Affairs (ANA) once again partnered with NACC and hosted the communities for the first day of the meeting. Agenda items covered included:

- fire and constable program reviews
- alternative service delivery
- community economic development initiative
- workplace safety and health training review
- Manitoba Housing and Renewal Corporation and the Next Steps process

ANA deputy minister Harvey Bostrom provided opening greetings for the department-hosted day and presented 92 individuals and

36 community councils with *2005 Community Council and Employee Recognition Program achievement awards.

Aboriginal and Northern Affairs minister Oscar Lathlin greeted the 35th NACC Annual General Meeting and commented on the value and importance of the communities and their workers.

During the meeting, incumbent Reg Meade of Wabowden was re-elected as NACC president over challenger Elaine Ferland of Duck Bay.

ANA congratulates all NACC members and community participants on a successful annual meeting.

**See the 2005 Community Council and Employee Recognition Program award recipients list included with this newsletter.*

WATERHEN AND *Primary Health C*



Manitoba Premier Gary Doer gets help with ribbon cutting during the official opening ceremony at the new Primary Health Care Centre in Camperville, Manitoba. Left to right are: PRHA Chairman Merv Toderian; Metis Elder Norman Chartrand; Premier Gary Doer; Mercedize Chartrand; Agriculture, Food and Rural Initiatives Minister Rosann Wowchuk; Madison Leclaire; Michelle Brown.



Agriculture, Food and Rural Initiatives Minister Rosann Wowchuk presents Waterhen Mayor Al Neath with a gift to decorate the new Primary Health Care Centre.

CAMPERVILLE *are Centres Opened*

This past September 12 and 13, ribbon-cutting ceremonies took place at Primary Health Care Centres opened in Waterhen and Camperville, Manitoba. Attending dignitaries included Agriculture, Food and Rural Initiatives Minister/Deputy Premier Rosann Wowchuk and Manitoba Aboriginal and Northern Affairs north central region director, Jim Perchaluk. Manitoba Premier Gary Doer attended the September 13 opening in Camperville.

The Primary Health Care Centres provide space for health-related activities and outreach services to surrounding communities. Funds for centre construction came from the Primary Health Care Transition Fund administered by the Parkland Regional Health Authority (PRHA). Communities specifically targeted for services from these centres include Duck Bay, Meadow Portage, Mallard, Rock Ridge, Salt Point and Spence Lake.

Two main PRHA goals are to:

- improve the health status of area residents
- enhance access to health services for people who live far from clinic and hospital services

Community health services offered will include:

- a health information resource centre with written information and internet access
- education about common health problems

- well baby clinics
- immunization
- diabetes education
- home-based community health programs including public health nursing, families first home visiting, community mental health and home care

The primary health care initiative will provide opportunities to:

- increase the focus on prevention of disease and injury
- increase screening for diabetes and other chronic diseases
- facilitate earlier diagnosis and treatment
- collaborate with family physicians to support and monitor persons with health problems

Community participation is important in primary health care. PRHA hosted community meetings will help develop strategies to enhance individual, family and community health.

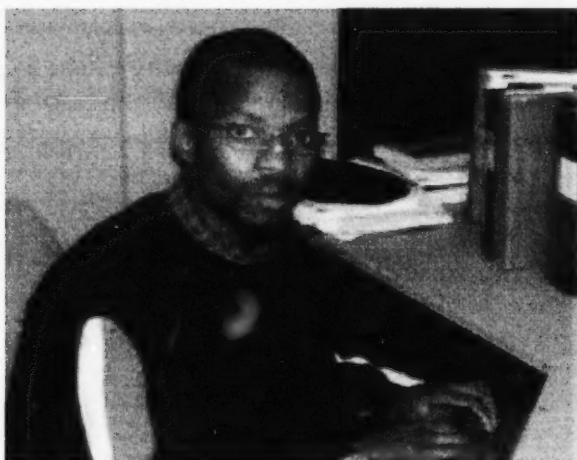
Spontaneous dancing breaks out as Agriculture, Food and Rural Initiatives Minister Rosann Wowchuk opens the new Primary Health Care Centre in Waterhen, Manitoba.



New Faces at ANA



Administrative assistant, Debbie Mercredi.



Community development consultant, Charles Nyabeze.

Two new ANA staff members, Debbie Mercredi and Charles Nyabeze, work closely with community councils as part of their duties.

Debbie Mercredi joined the Local Government Development Division, Northern Region, in early 2005 as an administrative assistant to the regional director and support staff. As a major part of her duties, she is involved with handling inquiries from communities to her office in Thompson.

Originally from Cross Lake, Manitoba, Debbie attended Keewatin Community College where she graduated in 1998 from a two-year program of study with a diploma in Band and Northern Community Administration. She also has several years of experience working with young people in both Ontario and Manitoba.

Debbie resides with her family in Thompson and says her current posting with Aboriginal and Northern Affairs is allowing her to gain an excellent perspective on where her career path with government might lead her in the years to come.

Charles Nyabeze is a community development consultant employed by Northern Region Community Support Services division of the ANA Local Government Development branch. His experience includes co-ordinating a self-employment program as a business development officer for North Central Development in Thompson. He has also worked as an economic development officer in Sudbury, Ontario.

In 1998 Charles graduated from Laurentian University with an engineering degree and earned his Masters in Business Administration at the same university in 2000.

He is also a certified business retention and expansion consultant.

Originally from Zimbabwe Africa, Charles now lives with his family in Thompson and looks forward to making new acquaintances in Northern Affairs communities.

Manitoba Hydro POWER SMART TIPS

Heating Systems

Manually turn the thermostat down or install one that will automatically set the thermostat lower when no one is using a building.

Set the temperature to 16 C (60° F) or lower, if possible, in all areas during unoccupied hours. Use a setting that takes into account the outside temperature and will allow the furnace to return the temperature to normal in a reasonable time. This may take some experimenting. If it takes a long time to reheat the building, begin heating a little earlier. Lowering the temperature one degree Celsius for eight hours can save one per cent of the daily heating cost. In many cases, lowering the temperature to 16 C (60° F) overnight can save five per cent.

Always keep furnace fans, filters and heater coils clean. Replace disposable filters regularly. Heaters or furnaces clogged by dust and dirt reduce airflow and use more energy.

Hot Water Systems

For normal use, hot water heaters should be set to 54 C (130° F). Test the water temperature at the faucets in your building to ensure the accuracy of the setting and adjust as needed. Turning down your hot water heater temperature will save money and can reduce the threat of scalding.

Car Plugs

Car block heaters reach maximum heat in three or four hours. Save energy in a parking lot by turning off electricity in the evening after staff leave. Turn it back on three or four hours before staff go home the next day.

Modern parking lots often use automatic timers with temperature controls that reduce electricity use and still ensure trouble-free engine starts for staff and guests. These timers automatically adjust the time they supply power to car plugs according to the outside temperature. Above -5 C (23° F), outlets receive no power. As the temperature drops, outlets stay on for longer intervals. Power stays on all the time below -20 C (-4° F). Some devices even use indicator lights to show if there are problems with block heaters or cords and help prevent an engine that won't start when needed.

Drafts

- Caulk and seal around doors and windows if you can see daylight or feel drafts.
- Replace worn or missing weather strip around doors to reduce air leakage.
- Prevent drafts from electrical outlets in exterior walls by installing foam seals and plastic plugs.
- Install interior plastic or insulation kits on windows. It can be like adding

another pane of glass for a fraction of the cost.

- Windows never opened can be permanently caulked shut, but be sure not to do this with windows designated as emergency exits.

Outdoor Lighting

Decorate community buildings with new LED seasonal lighting to save on energy. LED lights use up to 97 per cent less energy than standard incandescent bulbs and can last up to 100,000 hours. LED lights do not break easily and produce almost no heat, reducing the risk of fire. You can also save energy using timers to switch outdoor lights and signs on at sunset and just before sunrise, and off during daylight hours or late at night.

Exit Lamps

Since they are always on, consider replacing incandescent exit lamps with units containing new, long-life, LED-type bulbs that use only a small fraction of the electrical energy. Power savings are considerable with a unit rated at less than five watts instead of 40 or more watts.

For more information about saving energy or to check for Manitoba Hydro Power Smart incentives that can help with the cost of replacing older equipment, call 1-888-MBHYDRO (1-888-624-9376) or visit their website at hydro.mb.ca.

Certification Corner

This edition of Certification Corner is taken from the Operator Certification Study Guide, available from the American Water Works Association (AWWA) bookstore (800-926-7337 or www.awwa.org/bookstore). The study guide contains hundreds of questions and answers that are sourced for more information, as well as several practical appendices. The questions were developed according to the Association of Boards of Certification need-to-know criteria. The guide is intended to give potable and waste water plant operators practice answering questions that are similar in format and content to the questions that appear on certification exams.

1) Four-log removal is:

- a) 90.00 per cent
- b) 99.00 per cent
- c) 99.90 per cent
- d) 99.99 per cent

2) Which of the following chemicals is used to soften water through chemical precipitation?

- a) calcium hydroxide
- b) calcium bicarbonate
- c) calcium chloride
- d) calcium sulfate

3) Check valves are used to prevent:

- a) excessive pump pressure
- b) priming
- c) water from flowing in two directions
- d) water hammer

4) If too much potassium permanganate is used to treat water:

- a) the sodium level will increase
- b) disinfection will not be necessary
- c) all contaminants are removed
- d) the water turns pink

5) What precipitate is formed in alum coagulation?

- a) aluminum hydroxide
- b) complex organo-aluminum compounds
- c) complex sulfate compounds and aluminum salts
- d) aluminum salts and organo-sulfate compounds

6) If the chlorine dose is 4.35 mg/l and the chlorine residual is 1.20 mg/l what is the demand?

- a) 1.20 mg/l
- b) 3.15 mg/l
- c) 4.25 mg/l
- d) 5.45 mg/l

7) Which of the following is used to determine compliance for total coliforms?

- a) most probable number procedure
- b) coliforms per 100 ml
- c) presence-absence test
- d) heterotrophic plate count

8) Water pressure head is caused by:

- a) water flow
- b) water pressure
- c) water elevation
- d) gauge pressure

Answers: 1-d, 2-a, 3-c, 4-d, 5-a, 6-b, 7-c, 8-c

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Community Council members, community residents and departmental staff are strongly encouraged to submit feedback, comments, questions, suggestions and ideas to the editor.